



## COURSE SYLLABUS

### SOUTHEAST MISSOURI STATE UNIVERSITY

Department of Physical Education  
 Course Title: First Aid

Course No. PE 220  
 Revision: Fall 2001



“The Teacher as Professional Educator”

## COURSE SYLLABUS

Department Approved December 11, 2001  
 College Council Approved January 17, 2002

### I. Catalog Description and Credit Hours of Course:

American Red Cross requirements for standard first aid and personal safety; opportunity for standard certification and CPR certification. (2)

### II. Prerequisite(s): None

### III. Objectives of the Course:

- A. The student will be able to demonstrate in written form the knowledge necessary to provide aid to the injured with regard to:
  1. General principles and procedures.
  2. Wounds.
  3. Bleeding.
  4. Infection.
  5. Shock.
  6. Artificial respiration.
  7. Cardiopulmonary resuscitation.
  8. Poisoning.
  9. Skeletal injuries.
  10. Burns.
  11. Temperature problems (heat exhaustion and heat stroke).
- B. The student will demonstrate on a skills test the practical application of first aid techniques for the injured with regard to:
  1. Bandaging.
  2. Transportation.
  3. Artificial respiration.
  4. Cardiopulmonary resuscitation.
- C. The student will become familiar with the basic functions and workings of the respiratory and circulatory systems.
- D. The student, through this introduction to first aid basics, will be stimulated to further self investigate emergency procedures.

- E. The student will feel confident and capable of assisting those in need of emergency care.

**IV. Course Outline/Learning Experiences:**

**Hours**

This course consists of lecture/demonstration and student practical First Aid and CPR experiences.

A. Orientation and General Information	2	
B. Wounds.		2
C. Bleeding.		1
D. Control of bleeding.	1	
E. Bandaging for wounds.		2
F. Infection.		1
G. Shock.		2
H. Breathing stoppage.	6	
I. Poisons.		4
J. Skeletal injuries.		2
K. Burns.		2
L. Frostbite.		1
M. Temperature problems.		1
N. Triangular bandages.	2	
O. Transportation of injured persons.		1
P. The cravat bandage.	2	

**V. Textbook and Other Required Materials:**

American Red Cross. (2001) First Aid/CPR/AED Program

**VI. Basis for Student Evaluation:**

- A. Written examinations.
1. Approximately four written examinations, including the final exam will be given.
  2. Each written examination will be worth approximately 80 points for a total of approximately 320 points.
- B. Practical examination covering First Aid and CPR skills will be worth 30 points. Students also have the option of a Red Cross Certification.
- C. Grades will be determined by the following percentage basis out of an approximate 350 total points for the entire course:

90 - 100% = A

80 - 89% = B

70 - 79% = C

60 - 69% = D

0 - 59% = F